



The Utah Heart Disease & Stroke Prevention Program and the American Heart Association Present:

HEART-HEALTHIEST 2010



Utah's healthiest + tastiest recipes

HEART-HEALTHIEST 2010 *Utah's healthiest + tastiest recipes*



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**WHOLE
FOODS**
MARKET

Papa Murphy's
TAKE 'N' BAKE PIZZA

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SNACKS/APPETIZERS *Baked Zucchini Fries (pg.8)*



Nanernutter *by Rick Worsley*

3



- 1 banana
- 2 Tbs crunchy peanut butter
- granola

Mash up the banana and add other ingredients. Put on wax paper and roll into a roll. Place in freezer for 90 minutes or so. You can then cut like a sushi roll.

Cindy's Nature Bars *by Cindy Wells Jensen*



- ¼ cup warm water
- 1 Tbs dry milk
- 1 Tbs olive oil
- 1¼ cup honey
- 1 Tbs maple syrup
- 3 cups oatmeal
- ½ cup barley flour
- *2-3 cups protein mix
- ½ cup slivered almonds
- 1 cup coconut
- optional chocolate chips

Preheat oven to 350°. Mix water & milk. Pour oil in measuring cup & add to water mixture. Add honey & syrup and blend until runny & gooey (put honey in same cup as oil and it won't stick to the sides). Add the rest of the dry ingredients and mix well. Press onto cookie sheet lined

***Protein Mix** *(made into powder in blender)*

- 1 cup wheat bran
- 1 cup oat bran
- 1 cup 9 grain cereal
- ½ cup soy powder

with parchment paper. Use rolling pin to get even and press to sides of pan about 1/4 inch thick. Bake for 8 minutes. Remove and cut into squares with pizza cutter. Add (2) chocolate chips per bar if desired. Bake for another 8 minutes. Store in air tight container.

- 1 cup flax seed
- ½ cup lecithin
- 1 cup wheat germ

4 *Grandma's Granola* by Kimberly Ann Bacon

10 cups	old-fashioned rolled oats	1½ cups	brown sugar, firmly packed
1 cup	wheat germ	1½ cups	water
½ lb.	shredded coconut	1½ cups	canola oil
2 cups	raw sunflower seeds	½ cup	honey
1 cup	sesame seeds	½ cup	molasses
3 cups	chopped almonds, pecans, walnuts, or combo (don't use peanuts. they go rancid too fast)	1 tsp	salt
		2 tsp	cinnamon
		3 tsp	vanilla
		•	raisins (as preferred)

Preheat oven to 300 degrees. In a large bowl, combine oats, wheat germ, coconut, seeds, and nuts. Blend well. In a large saucepan, combine brown sugar, water, oil, honey, molasses, salt, cinnamon, and vanilla. Heat until sugar dissolves, but do not boil. Pour syrup over dry ingredients and stir until well coated. Spread into five 13" x 9" baking pans or cookie sheets with sides. Bake 20-30 minutes, stirring occasionally. Bake 15 minutes longer for crunchier texture. Cool. Add raisins as desired. Put in airtight containers. Label and store in a cool, dry place. Use within 6 months. Makes 20 cups.

Fresh Guacamole by Annette Judd

1 whole	avocado, ripe	2 Tbs	extra virgin olive oil
1/8 tsp	cayenne pepper	1 Tbs	chopped cilantro
2 drops	Tabasco sauce		(or 1/2 tsp dried cilantro)
1	garlic bud, finely chopped		

Mix well with hand blender or smash well with a fork. enjoy with whole grain, whole wheat crackers, Triscuits, or with a turkey sandwich on whole wheat bread with romaine lettuce and sliced fresh tomatoes.

SNACKS/APPETIZERS

Mango-Pineapple, No Sugar Added, Homemade Fruit Leather *by Michelle Aucoin* 5



- some mangos
- some pineapple
- some apples
- large stock pot
- food processor/ blender
- food dehydrator
- waxed/baking/ parchment paper

Peel and core the apples. Peel and dice the mangos. Place apples and mangos in stock pot and cook over medium heat, stirring occasionally.

Meanwhile, peel, slice, and blitz the pineapple in your food processor or blender until it goes white and frothy. Throw the rest in with the simmering apples and mangos.

Then, spoon batches of the mixture back into the food processor and blitz for a few minutes until smooth. Pour each batch

onto your prepared dehydrating sheet and dehydrate for approx 8 hours on medium heat {you'll have to work with yours, some don't have adjustable heat, just mess around until you find what works}

Next morning you'll have a tasty snack! Peel gently from the sheet and cut it into strips or wedges. Place on parchment paper, roll, and then secure with a ribbon, raffia, or tape, etc. Store in an airtight container or in the fridge for a long time.

Fluff *by Leslie Smith*



- 1 container low-fat cottage cheese
- 1 pkg sugar-free Jell-O (orange or cherry are my favorite)

- 1 can crushed pineapple
- 1 container fat-free whipped topping
- 1 sm. can mandarin oranges (drain extra juice)

Dump the ingredients in a bowl. Mix and serve. It's easy, yummy, and low-fat!

6 *Avocado and Lime Salsa* by Angie Struhs



1 packet	Italian salad dressing mix (made according to package directions)	1 can	black-eyed peas, drained
2	avocados, peeled and diced	½ bunch	cilantro, washed and chopped
4-5	roma tomatoes, diced	2-3	limes, squeezed
1 can	white corn, drained	7	green onions

Mix salad dressing in a large glass bowl. Place all remaining ingredients in salad dressing and toss. Serve with whole grain tortilla chips.



Very Healthy Veggie Dip *by Misty Christofferson Barry*



- 1 packet ranch dressing or dip (low-fat or low-sodium, if you can find it)
- 1 container low-fat cottage cheese
- veggies (broccoli, carrots, celery, tomatoes, olives, etc.)

Dump the cottage cheese into a blender, then pour about 1/2 the ranch packet into the blender and puree. Add...more of the ranch packet to taste, but the less you use, the healthier it is!

Now dip away my friend! A healthy alternative to sour cream, with plenty of vitamins and protein!

Hummus *by Lindsey Snell*



- | | | | |
|-----------------|--|-------|------------------------------------|
| 2 cans (16 oz.) | reduced-sodium garbanzos, rinsed and drained (except for ¼ cup liquid) | ¼ tsp | cracked black pepper |
| | | ¼ tsp | paprika |
| 1 Tbs | extra-virgin olive oil | 3 tsp | tahini (sesame paste) |
| ¼ cup | lemon juice | 2 tsp | Italian flat-leaf parsley, chopped |
| 2 | garlic cloves, minced | | |

Recipe for those of you willing to try a little something different!

In a blender or food processor, add the garbanzos. Process to puree.

Combine the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

8 *Baked Zucchini Fries* by Maria Dixon Lichty



- 3 sm. zucchini, sliced into skinny sticks
- 2 lg. egg whites, beaten
- ½ cup whole wheat bread crumbs
- 2 Tbs Parmesan cheese, grated
- ¼ tsp dried basil
- pinch dried oregano
- ¼ tsp garlic powder
- to taste salt and pepper

Preheat oven to 425°. Spray a baking sheet with cooking spray. Set aside.

In a small bowl, beat egg whites with a fork until frothy.

Put the breadcrumbs, basil, oregano, garlic powder and cheese on a plate-I used a pie tin. Mix well.

Dip the zucchini sticks in the egg whites and then into the bread crumb mixture, make sure all sides get coated well. Place the sticks on the prepared baking sheet. I did the sticks one by one.

Bake at 425° for about 20 minutes or until golden brown and a little crispy. I turned over the fries half-way through. Serve warm. We like to dip ours in marinara sauce.



Baked Potato Fries by Tausha Jeffs Allen



2-3 Tbs olive oil
 ¾ tsp salt
 ¼ tsp pepper
 2-3 Tbs fresh thyme
 ½ onion
 4 lg. russet potatoes
 (may use any type
 of potato)

In a large bowl, combine olive oil, salt, pepper, and thyme. Thinly slice onion and add to oil mixture. Slice potatoes into french fries or wedges and add to oil mixture. Stir all ingredients until potatoes are evenly coated in oil mixture. Spread in a single layer on a jelly-roll pan and bake at 400° F for 45-60 minutes or until potatoes are soft. You may bake them longer if you prefer crispy fries.

Flaxseed Oil Peanut Butter Delights by Lindsay Moore Vandermyde



1 cup honey
 1 cup natural peanut butter
 ½ cup flaxseeds
 ½ cup carob chips
 (like chocolate chips)

Mix peanut butter and honey together first. Stir in flaxseeds next, then carob chips. Spoon cookie-size shapes onto either a greased cookie sheet or freezer-safe container (no lid) and freeze until they are hard. Take them from the pan and put in Ziploc bags and put back in the freezer. Eat them straight from the freezer or set them on a plate for a minute to soften a little and you have a sweet, healthy treat w/protein on the go! Try them. Your taste buds will thank you!

DRINKS *Strawberry Smoothies (pg.II)*



DRINKS

Fresh Fruit Smoothie by Lindsey Snell

11



- 1 cup fat-free vanilla frozen yogurt
- ¾ cup fat-free milk
- 2 cups any fresh fruits of your choice
- 1 cup orange juice concentrate

For a cool summer snack, try a fresh fruit smoothie. In a blender, combine the frozen yogurt, milk and orange juice concentrate.

Blend until smooth. Pour into tall, frost-chilled glasses and serve immediately.

Strawberry Smoothies by Sarah Morris Simmons



- 1 cup skim milk
- 1 cup low fat vanilla yogurt
- 1 cup frozen strawberries (10 lg.)
- 1/4 cup sugar
- 2+ cups ice cubes

Put milk and yogurt in a blender. Mix. With the blender going, drop in frozen fruit 2 or 3 at a time. When fruit is blended, add ice cubes until it reaches the desired consistency. Add sugar to taste. Serve immediately.



BREAKFAST FOODS *Apricot Breakfast Bread (pg.15)*



Em's Delicious Nutritious Oatmeal Pancakes by Emily Anderson

13



2 cups quick oats
 1 tsp baking soda
 1 tsp baking powder
 ½ cup whole wheat flour
 1 tsp cinnamon (heaping)
 ¼ tsp nutmeg (optional)
 4 tbs honey
 2 lg. eggs
 1 tsp vanilla
 2½ cups buttermilk

In large bowl, whisk dry ingredients together. Add all of the wet ingredients and whisk until combined. Cover with plastic and put in fridge until morning. If making the morning of, let sit for at least 1 hour before making the pancakes.

Heat griddle to 300°. Spray griddle with olive oil non stick spray. (Note: Only use ¼ cup of batter for each pancake. The smaller pancakes are easier to flip.) Cook each side until lightly browned and sticky batter is no longer visible on the sides of the pancake.

Serve, topped with low fat whipped topping and fresh blueberries, raspberries, strawberries or any other fresh berry you have on hand.

NOTE: For added nutritional value, grind the whole wheat flour the day before or the day of use. Store any extra ground wheat in a double sealed storage bag in the freezer. This will maintain the nutritional benefits of the whole wheat for up to 2 weeks.

Mom's Reduced Calorie Pineapple Banana Bread by Sammi Pickup Clifford



½ cup	butter	1 tsp	soda
½ cup	brown sugar	¼ tsp	salt
¼ cup	white sugar	¾ cup	pineapple crushed (pureed)
2 eggs	(1 whole, 1 egg white)	¾ cup	mashed banana
2 cups	flour (1 whole wheat, 1 white)		

Cream butter, sugar and eggs. Mix other ingredients. Bake at 350° for 45 minutes to 1 hour.

14 *Banana Whole Wheat Pancakes* by Aly Steele Larsen



1¼ cup whole wheat flour
 2 tsp baking soda
 2 lg. egg whites
 1¼ cup milk
 1 banana, mashed
 1 tsp vanilla
 1 tsp cinnamon
 (sometimes I like more!)
 ½ tsp clove or nutmeg

Mix ingredients and pour by 1/4 cup increments onto hot griddle. ...It makes about 10 pancakes and tastes great when topped with yogurt and fresh or frozen

fruit. Another great topping is applesauce. Sooo good! It is a dense pancake so it will fill you up quickly and hold you over for a long time!

Mexican Hot Chocolate Pancakes by Heidi Potter Carson



1½ scoops chocolate protein powder (I use whey)
 2 egg whites
 2 Tbs low-fat cottage cheese
 ¼-½ tsp cinnamon
 pinch chili powder
 1 Tbs ground flax seed
 1 Tbs wheat germ

Coat pan with olive oil cooking spray. Heat pan over medium heat. Blend all ingredients together with an electric mixer. Pour batter onto pan. I usually make one big one, but depending on the size of your pan, this recipe will also make 3 smaller pancakes. Either way it's one serving. Cook until bubbles form on top

of pancakes, about 2-3 minutes. Flip and cook through the other side.

Top with sliced bananas and a drizzle of agave nectar if desired.

**You can also add nuts to the batter for extra protein and texture. I like sliced almonds or chopped pecans.*

Apricot Breakfast Bread by Sarah Robinson



1½ cups water
1½ cups dried apricots
4 Tbs applesauce
½ cup maple syrup
1 egg, beaten
1 tsp vanilla
1 tsp grated citrus rind
(whatever fruit you have on hand)
1½ cups whole wheat flour
1 cup white flour
1 tsp salt
½ tsp baking soda
½ tsp baking powder

In the microwave, cook the water and dried apricots on high for 10 minutes. Let sit for a couple of minutes to cool down.

After the apricots and water cool down, stir together with the applesauce, maple syrup, egg, vanilla and grated citrus rind. In a separate bowl, combine the wheat flour, white flour, salt, baking soda and baking powder.

Mix contents of the two bowls together until completely blended. Spread into a round pan coated with non-stick spray. Sprinkle cinnamon sugar over the top - to taste - and then, as artfully as you like, sprinkle slivered almonds on the top. Bake at 350 degrees for one hour, or until toothpick comes out clean. Slice into pie shapes - makes 16 wedges.



16 *Heart Healthy Bran Muffins* by Djinni Yancey

4½ cups flour
 2 Tbs baking powder
 2 tsp baking soda
 1 tsp salt
 ¼ cup white sugar
 6½ cups bran flakes cereal
 3 cups milk
 4 bananas, mashed
 4 eggs
 ½ cup canola oil
 ½ cup honey

Preheat oven to 350°. Lightly spray muffin tin with cooking spray or line tins with paper cups. In a medium bowl combine bran cereal and milk, let stand until soggy. In another large mixing bowl mash bananas, add sugar, honey, beaten eggs, and canola oil. Add the bowl of cereal to the large bowl of ingredients. Add flour, baking powder, baking soda, and salt. (Be sure to sift baking powder to avoid lumps or be very careful to avoid lumps of soda.) Stir ingredients until mixture becomes moist.

Fill each muffin cup no more than 2/3 full. Bake at 375 degrees for approximately 22-25 minutes, until golden brown. Cool for about 5 minutes and loosen muffins from pan.

Prep time 20 min + baking time 25 = 45 minutes total

Makes 3 dozen muffins

36 servings, 136 Calories per serving, 4g total fat (28% calories from fat), 3g protein, 21g carbohydrate, 24mg cholesterol, 227mg sodium.

Oatmeal Pancakes by Kimberly Ann Bacon

1 cup	quick oats (or normal oats)	¼-½ tsp	salt
1 cup	flour (white or wheat)	2	eggs
2 Tbs	sugar	1½ cup	milk
2 tsp	baking powder	¼ cup	canola oil
		1 tsp	lemon juice

Mix ingredients. Cook on griddle and serve.

Berry Special Bran Muffins by Sammi Pickup Clifford



1¾ cups bran flakes cereal
 1 cup low-fat buttermilk*
 1 egg, beaten
 (may use egg white)
 3 Tbs vegetable oil
 (may use applesauce)
 1 cup flour (may use ½ cup
 whole wheat flour
 + ½ cup white flour)
 1/3 cup brown sugar, packed
 1 Tbs baking powder
 1 tsp ground cinnamon
 1 cup fresh, frozen
 or canned blueberries
 or frozen raspberries/
 blackberries/
 blueberries
 (May also add some
 dried cranberries)

Topping

¾-1½ cup bran flakes crushed
 (who doesn't like
 the top?)
 3 Tbs brown sugar, packed
 1 Tbs butter-melted

To prepare muffins:

Preheat oven to 400°. Combine cereal, buttermilk, egg and oil (or applesauce) in bowl. Let stand 5 minutes. Stir to break up cereal. Combine flour, sugar, baking powder and cinnamon in separate bowl. Add cereal mixture all at once to flour mixture, stirring until combined (batter is thick). Fold in berries. Pour into muffin tins. Sprinkle with topping. Bake 20-25 minutes or until center comes out clean. Mmmmm good!

To prepare topping:

Combine crushed cereal, sugar and butter. Mix well.

**Or substitute 1 Tbs. lemon juice or vinegar and enough milk to make 1 cup. Let sit for 5 minutes before using.*

18 *Heart Healthy Quiche* by *Bryanne Fidler*

1 cup	mushrooms, sliced
1 pkg	frozen spinach, thawed with water removed
1 cup	carrots, shredded
1	onion, diced
1 lb.	lean ground turkey sausage
6	eggs
2 cans	evaporated skim milk
1 cup	mozzarella cheese, grated
½ cup	parmesan cheese
½ tsp	salt
¼ tsp	pepper
½ tsp	garlic powder
2 cups	brown rice, cooked

Preheat oven to 400°. Cook brown rice in rice cooker. Cook sausage over medium heat until no longer pink. Rinse off excess fat. Saute onion, mushrooms and carrots in a pan with light salt and pepper. In large bowl beat eggs and evaporated skim milk. Add salt, pepper, garlic powder, cheeses, drained spinach and sausage to egg mixture. In a 9x13 glass baking dish, press

cooked rice in bottom of pan to make a “crust.” Pour filling over rice. Bake at 375° F for 50 to 60 minutes or until top is golden brown and filling is bubbly. Let stand for 5 minutes before cutting. *Makes 8 servings.*

Note: You can cut this recipe in half and bake it in a 9” round cake pan. Perfect for a smaller family.

Black Bean and Sweet Potato Soup (pg.23) SOUPS



SOUPS

20 *White Chili* by Sarah Robinson



1 cup	red/yellow/orange bell peppers, roasted, peeled and diced (about 8 small ones)	1 Tbs	parsley
		2 cups	chicken or vegetable stock
2 lbs.	ground turkey	1 can (16 oz)	white beans (I use Great Northern)
1 lg.	onion, finely chopped	¼ cup	scallions, finely chopped
4 cloves	minced garlic		
2 Tbs	cumin	¼ cup	cilantro, finely chopped
1 Tbs	ground coriander		
1 Tbs	dill	1 cup	plain yogurt

Brown the ground turkey in a bit of olive oil in a large pot. Add onion, garlic, and season with salt and pepper to taste. Cook for about 5 minutes until the onion is soft. Add everything else except the yogurt and simmer for 5 more minutes before finally adding the yogurt. Serves 6.

Turkey Taco Soup by Amanda Watson



1 lb.	ground turkey (the lowest in fat you can find)	2 cans	Rotel original diced tomatoes
		1 pkg	low sodium taco seasoning
3-4 cups	water		
½ bag	frozen corn (frozen equals no sodium)	optional	low-fat shredded cheese
1 can	organic (sodium free) black beans	optional	low-fat sour cream

Brown the turkey, season with chili powder and other spicy stuff from your cupboard!

Put into crock pot with all the other ingredients, except the cheese and sour cream. Then cook several hours or overnight.

Serve with cheese and/or sour cream if you want. You can also top with low sodium tortilla chips too! Serves about 6.

Shells and Veggie Soup by Sarah Morris Simmons



½ tsp	vegetable oil	¼ cup	frozen spinach, chopped
¼ cup	onion, chopped	¼ cup	zucchini, cubed
½ clove	garlic, chopped	½ cup	carrots, chopped
1 can (14 oz.)	chicken broth (or make your own with 1¾ cups water, 1¾ tsp. bouillon)	½ tsp	celery, sliced
1 can (14 oz.)	tomatoes, crushed or diced	½ tsp	dried basil
¼ cup	small shell pasta	½ tsp	dried oregano
2 Tbs	dried parsley	3 Tbs	Parmesan cheese, fresh grated
		to taste	salt and pepper

Heat oil in a large saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about 2 minutes, stirring occasionally.

Add chicken broth, tomatoes, parsley, basil and oregano to saucepan. Bring to a boil, reduce heat, and simmer covered for 10 minutes.

Add spinach, carrots, celery and pasta. Cook 10 minutes covered at a low boil. Add zucchini and cook 7 more minutes.

Test for doneness by forking vegetables and pasta to see if tender. Spoon into bowl; add salt, pepper and Parmesan cheese to taste. ENJOY!

Fruit Soup by Kimberly Ann Bacon



1 cup	water	2	bananas, sliced
2 Tbs	minute tapioca	1 pkg	frozen strawberries
¼ cup	sugar	3	oranges, sectioned and cut into thirds
1 can (8 oz)	frozen orange juice	4-5	peach halves, diced
2½ cups	water		

Soak tapioca in 1 cup of water and sugar for 5 minutes. Boil until tapioca turns clear (one to two minutes). Pour into a large bowl. Add orange juice and 2½ cups of water. Chill until slightly thickened. Add bananas, frozen strawberries, oranges and peaches.

22 *Refried Bean Soup* by Candice Rountree

2 tsp	olive oil	1 can	refried beans, fat-free
1 lg.	onion, chopped	(16 oz)	
1 med.	green bell pepper, chopped	¼-½ tsp	ground cumin (depends on how spicy you want it)
1 med.	tomato, chopped (may substitute 1 can of diced tomatoes)		
2 tsp	garlic, minced		
1 can (14.5 oz)	vegetable broth (or fat-free/low sodium chicken broth)		
1 can (15.5 oz)	black beans		
1 can (15.5 oz)	red kidney beans		
		Optional	
		•	black pepper
		•	fresh cilantro, chopped
		•	low-fat sour cream
		•	cheddar cheese, shredded
		•	crushed tortilla chips
		•	tomatoes, diced
		•	avocados, diced

This is a great “hearty” soup that’s way easy to make, full of fiber and great for your heart!

Heat oil in a 4½ quart soup pot over medium heat. Add chopped onion and bell pepper. Raise the heat to medium-high, and cook for 2 to 3 minutes or until the vegetables are tender. Add the garlic and broth and stir. Raise the heat to high. Rinse and drain the black beans and kidney beans and add them to the soup pot. Stir in the refried beans, tomatoes, and cumin. Stir well. Cover and let the soup come to a boil. Reduce the heat to low and stir occasionally for 5 to 7 minutes or until ready to serve. Season with black pepper. Top with optional ingredients.

**Sometimes I also add chicken to the soup. Place two frozen chicken breasts in a glass pan and cook in the oven at 375 for 30-45 minutes, or until juices run clear. Chop up the chicken and throw it into the soup when you add all the beans. Leftover rotisserie chicken (minus the skin) works great too!*

Bows and Veggie Soup by Tausba Jeffs Allen



½ tsp	olive oil	½ cup	bowtie pasta
¼ cup	onion, chopped	¼ cup	spinach, chopped frozen
½ clove	garlic, minced		
1 can	low-sodium chicken broth	½ cup	zucchini, chopped
1 can	diced tomatoes (do not drain juice)	½ cup	carrots, chopped
5 Tbs	parsley, fresh chopped (2 Tbs dried)	¼ cup	celery, chopped
		½ Tbs	basil, fresh chopped (½ tsp dried)
		½ Tbs	oregano, fresh chopped (½ tsp dried)

Heat oil and add garlic and onion, cook until onion is soft. Add chicken broth, tomatoes & juice, parsley, basil, and oregano. Bring to a boil, reduce heat and simmer 10 minutes. Add spinach, celery, carrots, and pasta, cover and cook at a low boil for 10 minutes. Add zucchini and cook an additional 7 minutes. Salt and pepper to taste. Serves 4.

Black Bean and Sweet Potato Soup by Maria Dixon Lichty



1 Tbs	olive oil	3 cans	low-sodium black beans, rinsed and drained
1	red onion, chopped		
3 cloves	garlic, minced	3 cans	tomatoes with green chilies, diced
1 lg.	sweet potato, peeled and chopped	1 Tbs	chili powder
1	roasted red pepper, chopped (jarred)	2 tsp	cumin
2 cans (15 oz)	low-sodium vegetable broth	dash	red pepper flakes
2 cups	water	½ bunch	cilantro, chopped
		to taste	salt and pepper

In a large soup pot, heat the olive oil. Add in the onion and cook until tender. Add in the garlic and cook for about 2 minutes. Stir in the sweet potato and roasted red pepper. Cook for 5 minutes. Add in the broth, water, black beans, and tomatoes. Stir well. Add the chili powder, cumin, and red pepper flakes. Stir and toss in the cilantro. Stir again. Let the soup simmer on medium low for 30 minutes, or until the sweet potatoes are soft. Season with salt and pepper and serve hot.

**You can garnish the soup with cilantro, avocado slices, cheese, tortilla strips, and/or sour cream. To freeze-cool completely and put the soup in freezer-safe containers.*

24 *Moroccan-Spiced Squash and Root Vegetable Stew* by Marie Thatcher

2 Tbs	olive oil	5 med.	carrots, cut into ¼-1 inch slices
2 med.	onions, chopped coarsely	2½ tsp	minced garlic
2 cups	vegetable broth	2 sm.	zucchini, halved lengthwise, cut into 1/3-inch half circle slices
1 tsp	ground cumin		
¾ tsp	chili powder		
½ tsp	ground cardamom	1 can	garbanzo beans, rinsed and drained (low-sodium)
½ tsp	ground cinnamon	(15 oz)	
½ tsp	ground nutmeg		
pinch	ground cloves	1 tsp	salt (or to taste)
2 lb.	butternut squash, peeled, seeded, cut into 1/2-inch cubes	¼ tsp	black pepper
		¼ cup	cilantro, chopped
		3 Tbs	fresh lemon juice
1 lg.	yam, peeled, halved lengthwise, cut into ¾-inch-thick half circle slices	9 drops	hot pepper sauce (or to taste)
		•	whole-grain couscous, cooked

Heat olive oil in a large pot over medium heat. Add onions, stirring frequently, about 3 minutes, or until slightly softened. Add the broth and simmer the onions over medium-low heat, stirring frequently, about 20 minutes, or until very soft. While onions are simmering, mix the cumin, chili powder, cardamom, cinnamon, nutmeg, cloves in a large bowl. Add the butternut squash and yam to the bowl of spices and stir to coat. Add this to the onions, as well as the carrots and garlic. Bring mixture to a simmer, then reduce to medium-low heat. Cover with a sheet of aluminum foil placed directly on the surface of the vegetables, and then cover with the pot lid. Simmer gently until the root vegetables are completely tender and the squash has reached some level of mushiness, about 25 minutes. Stir in the zucchini, garbanzo beans, salt, and pepper. Cover again with the aluminum foil and pot lid and simmer about 10 minutes, or until the zucchini is tender. Stir in the cilantro, lemon juice, and hot pepper sauce. Serve over whole-grain couscous if desired.

The spice blend is about the most wonderful I've found; It's my healthier variation on Joy of Cooking's "Moroccan-style Vegetable Stew" and contains a slew of beta-carotene-rich vegetables, very little fat (olive oil only), and minimal sodium. The squash is chopped into small cubes so that it will cook down into a golden mush that creates the thick stew base.

Roasted Sweet Potato, Apple, and Spinach Salad (pg.30) SALADS



SALADS

26 *Tortellini Spinach Salad* by Angie Struhs



1 pkg (20 oz)	cheese tortellini, refrigerated	1 bag (3 oz)	sun-dried tomatoes or jar of sun-dried tomatoes, rinsed and drained
1 can (14.5 oz)	artichokes, quartered		
1 bag (9 oz)	fresh baby spinach	½ cup	feta cheese, crumbled
1 bottle	balsamic vinaigrette dressing	¼ cup	red onion, diced

Cook tortellini in boiling water until al dente. Drain and toss (carefully so the tortellini doesn't break apart) with a teaspoon of olive oil to keep from sticking. Let cool in colander. In a large bowl, toss all the salad ingredients together after the pasta has cooled. Serve with balsamic vinaigrette dressing.

Mixed Bean Salad by Lindsey Snell



1 can (15 oz)	unsalted green beans, rinsed and drained	1 can (15 oz)	unsalted garbanzo beans, rinsed and drained
1 can (15 oz)	unsalted wax beans, rinsed and drained	¼ cup	chopped white onion
1 can (15 oz)	unsalted kidney beans, rinsed and drained	¼ cup	orange juice
		½ cup	cider vinegar
		•	sugar substitute (if desired)

In a large bowl, combine the beans and onions. Stir gently to mix evenly. In a separate bowl, whisk together the orange juice and vinegar. Add sugar substitute for desired sweetness. Pour the orange juice mixture over the bean mixture. Stir to coat evenly. Let stand 30 minutes before serving.

SALADS

Merengue Shrimp Salad by Jamie Harline

27



1 bag precooked, and
de-shelled shrimp
2 Tbs lemon juice
2 cloves garlic, grated
to taste salt

Salad

- baby spinach
- tomato, diced
- slivers of purple onion

Topping:

Cook shrimp, lemon juice, garlic and salt 10 to 15 minutes in skillet—no oil! Allow shrimp to cool.

Salad:

Top shrimp with pico salsa until heated. Then sprinkle with shredded mild cheddar cheese. Pour over spinach, no need for dressing!!



SALADS

28 *Noodle Salad* by Rachel Dudley



2 cups	penne noodles	1/3 cup	bacon, crumbled
•	romaine lettuce	1/2 cup	croutons
1 cup	tomatoes, diced	1/2 cup	cheddar cheese, shredded
1 cup	green peppers, cut		
2 Tbs	ranch dressing	1/2 cup	blueberries and raspberries

Boil noodles until soft. Drain. Mix together salad ingredients. Add noodles and any other ingredients that sound good to you. Enjoy!

Arugula {Rocket} and Pear Salad with Shaved Parmesan & Olive and Balsamic Vinaigrette by Michelle Aucoin



1/2-1	pear
2 cups	arugula
pinch	salt
•	parmesan shavings

Dressing

4 Tbs	olive oil
3 Tbs	balsamic vinegar
2 cloves	garlic, minced
2 Tbs	parmesan cheese, grated
dash	salt

Salad:

Wash and dry the lettuce. Place in a bowl and give it a sprinkle/pinch of salt.

Slice the pear, and add to the lettuce. Pour desired amount of vinaigrette and toss.

Serve with the pears arranged as desired on top. Garnish with parmesan shavings (use a knife or vegetable peeler and closely cut the block of cheese into little slices)

Olive Oil & Balsamic Vinaigrette Dressing:

Add all ingredients together in a small bowl. Let sit out for 1-2 days to mature, or use immediately if desired. Refrigerate leftover dressing.

**You can also add in any herbs for flavor, or keep it simple without.*

Dan's Special Salad by Rachel Dudley



- baby spinach leaves Mix all ingredients together. Enjoy!!
- 1 cup blueberries
- 2 cup strawberries, sliced
- ½ cup almonds, sliced
(or pecan halves)
- 2 Tbs poppy seed dressing

Strawberry Spinach Salad with Strawberry Dressing by Maria Dixon Lichty



- 1 lb. fresh spinach
- 1 cup strawberries, sliced
- ¼ cup almonds
- 2 oz feta cheese

Strawberry Dressing:

- 7 lg. strawberries,
cut in half
- 1 lemon, juiced
- drizzle agave nectar
- to taste salt and pepper

Place the spinach in a medium bowl. Top with sliced strawberries, almonds, and feta cheese.

For the dressing, put the cut up strawberries in a blender. Squeeze lemon juice into the blender. Drizzle the strawberries with agave nectar. If your

strawberries are ripe and sweet, you will only need a little agave nectar. Make according to your taste. Blend until smooth. Season with salt and pepper.

Pour dressing over spinach and strawberry salad. Makes 4-6 servings

SALADS

30 *Roasted Sweet Potato, Apple, and Spinach Salad* by Maria Dixon Lichty



- fresh spinach
- olive oil
- 1 lg. sweet potato,
peeled and chopped
into cubes
- 1 Granny Smith apple,
thinly sliced
- red onion slices
- feta cheese
- balsamic dressing

On a large baking sheet toss the sweet potato cubes with a little olive oil and salt and pepper. Roast the sweet potato cubes in a 400° F oven. Make sure you turn the sweet potatoes a couple of times while they are roasting. Roast until soft, about 30-40 minutes. Remove from oven and set aside. Prepare salad.

Place the fresh spinach on a plate. Add the roasted sweet potatoes, apple slices, red onion slices, and feta cheese. Drizzle with balsamic dressing. Enjoy!



Mexican Corn Salad by Candice Rountree

- 4 cups cooked corn kernels
 (or 2 cans (12 oz
 each) vacuum-
 packed corn niblets
- 1 med. zucchini, diced
- 1 med. red pepper, diced
- ½ cup ripe olives, sliced
 (or diced)
- 1 med. tomato, diced
- ½ bunch cilantro, chopped
- ½ cup olive oil
- ¼ cup fresh lime juice
- 1½-2 tsp ground cumin
 (or to taste)
- ½ tsp salt
- dash pepper
- 1½ cups cheddar cheese,
 shredded
- 1 med. avocado

This is the best summertime salad! It's great to make instead of the same-ol' potato and pasta salads that get made all summer long. The different flavors dance around in your mouth, plus it's crunchy and colorful! Plus you can make it the night before!

In medium sized bowl, combine corn, zucchini, red pepper, olives, tomato, and

cilantro. In jar or small bowl, combine oil, lime juice, cumin, salt, and pepper; shake or stir until well blended. Toss dressing with corn mixture; add cheese and toss again. To serve, arrange avocado slices on top.

Salad may be refrigerated for several hours to allow flavors to blend. Do not add avocado until ready to serve.

32 *Strawberry Fields Summer Salad* by Jennifer J Rodriguez

1 Tbs	light olive oil
6	chicken breast halves, boneless & skinless
¾ tsp	salt
½ tsp	pepper
1	red onion, thinly sliced
3	garlic cloves, minced
16 oz	orzo pasta
2/3 cup	chicken broth
2/3 cup	strawberry preserves
¼ cup	balsamic vinegar
1 Tbs	rosemary, fresh and chopped
10 oz	fresh spinach, cooked
2 cups	strawberries, thinly sliced
1/3 cup	pine nuts
½ cup	feta cheese

Cook orzo in boiling salted water for about 10 minutes or until al dente. Drain and rinse pasta. Set aside.

While the orzo cooks, in a large skillet heat oil over medium-high heat. Season chicken with salt and pepper. Sauté chicken breast for 4 minutes per side, or until no longer pink. Remove chicken from pan and keep warm.

In the same skillet sauté red onions with 2 minced garlic cloves over medium heat for about 5 minutes, or until garlic is golden

brown. Remove from pan and keep warm.

Saute last minced garlic clove for 1 min. Add chicken broth, preserves, vinegar and rosemary. Simmer uncovered until slightly thickened, about 3 mins.

Slice chicken into strips. Gently toss orzo, chicken strips, red onion, and warm dressing.

Top with strawberry slices, pine nuts, and feta cheese.

Salmon Tabbouleh Salad by Jennifer J Rodriguez



1/2 cup	bulgur, uncooked	2 Tbs	kalamata olives, chopped
1/2 cup	boiling water		
1 1/2 cups	cherry tomato, diced	1 tsp	garlic, minced
3/4 cup	smoked salmon, coarsely chopped	1 1/2 tsp	fresh lemon juice
		1 Tbs	extra-virgin olive oil
3/4 cup	parsley, minced fresh flat-leaf	1/2 tsp	salt
		1/4 tsp	freshly ground black pepper
1/2 cup	red bell pepper, finely chopped		
1/2 cup	English cucumber, diced		

Combine bulgur and 1/2 cup boiling water in a large bowl. Cover and let stand 15 minutes or until the bulgur is tender. Drain well and return bulgur to bowl.

Add remaining ingredients; gently mix.

Serve and enjoy!

Fresh Melon Salad by Jennifer J Rodriguez



1 sm.	red onion, thinly sliced	3-4 Tbs	extra virgin olive oil
		1 Tbs	jalapeno, minced
3 Tbs	fresh lime juice	1/2 cup	kalamata olives, pitted and chopped
6 cups	watermelon, chopped	1/2 tsp	fresh ground black pepper
1 cup	feta cheese		
3 Tbs	cilantro, chopped		

In a small bowl, combine red onion slices with lime juice.

In a separate bowl, combine watermelon, feta, and cilantro.

Gently add red onion mixture, olive oil, jalapenos and olives into watermelon bowl, then toss. Sprinkle black pepper over salad.

MAIN COURSES *Heart Healthy Creamy Salmon Pasta (pg.46)*



Whole Wheat Pasta with Fresh Veggies by Nicole Bissonette

35



8 oz	dried penne pasta or any other shape pasta (whole wheat)	½ cup	fresh or canned tomatoes, chopped
¼ cup	extra virgin olive oil	½ cup	yellow sweet pepper, chopped
½ cup	shaved or crumbled cheese (such as parmigiano-reggiano, feta, gorgonzola, or grand padano)	½-1 cup	leafy greens, chopped (or herbs such as watercress, arugula, basil, and/or parsley)
		to taste	sea salt
		to taste	ground black pepper

Cook pasta according to package directions. Drain pasta and return to hot pan. Pour oil over pasta.

Stir in cheese, tomatoes, sweet pepper, and greens or herbs. Season to taste with sea salt and pepper. Serve immediately.

Instead of 1/4 cup extra virgin olive oil, you can reduce that amount to 2 Tbs extra virgin olive oil. This small change reduces the amount of fat and still gives a good flavor to the salad. Enjoy!

You can also add chicken or shrimp to make it a complete meal!

Fenn Tacos (vegetarian) by Kimberly Ward



•	corn tortillas	1 tsp	salt
1 lb.	crumbles (fake ground beef)	2 Tbs	vinegar
•	vegetable oil	¼ tsp	garlic powder
1 med.	potato, finely shredded	1 tsp	thyme

Combine crumbles, (peeled) potato, salt, vinegar, garlic powder, and thyme in frying pan. Stir until thoroughly heated. Place spoonful of “meat” mixture in the middle of a tortilla and spread it along the middle. Gently fold tortilla in half and fry in oil until crispy. Goes great with Spanish rice and refried beans!

MAIN COURSES

36 *Spaghetti with Tomato Mint Sauce* by Paul White



12 oz uncooked spaghetti
4 cloves garlic, minced
1 Tbs olive oil
3 lbs. plum tomatoes,
seeded and chopped
2 tsp sugar
½ tsp salt
½ tsp oregano
1 Tbs fresh mint leaves,
chopped
¼ cup parmesan or romano
cheese, grated

Cook spaghetti according to package directions, omitting salt and oil. Drain and set aside.

Sauté garlic in hot oil in a large skillet over medium-high heat for 1 minute. Add tomatoes and cook, stirring occasionally, 12 to 15 minutes or until sauce is thickened and chunky. Remove from heat, and stir in sugar, salt, and oregano.

Add cooked spaghetti and mint to sauce in skillet, tossing to coat. Sprinkle with cheese.

And for that special touch, add a serving of your favorite berries (blackberries, raspberries, strawberries, etc.,) on the side. *Makes 4 servings*

Prep: 25 min., Cook: 20 min.

Chipotle Pasta with Sundried Tomatoes by Brittany Kenyon Bayles



1 pkg (8 oz) fat-free cream
cheese
½ cup non-fat, low-sodium
vegetable broth
¼ cup sundried tomatoes
(in oil)

1 chipotle pepper
1 tsp dried oregano
1 tsp dried basil
• whole wheat penne
pasta

Put first 6 ingredients into food processor. Blend until all ingredients are mixed together. Boil penne pasta on stove until cooked al dente. Add mixture from food processor to pasta and serve.

BBQ Tofu Pizza by Sarah Robinson**Crust:**

1 cup	warm water	2 cups	fresh spinach leaves (more or less depending on taste)
2 tsp	instant yeast	½ cup	toasted pine nuts
2 Tbs	olive oil	½ cup	finely sliced red onion (depending on taste)
2 cups	flour (one whole wheat, one white)	10 oz.	fried tofu
1 tsp	salt	1 bunch	cilantro, chopped
2 tsp	Italian seasoning	½ cup	parmesan cheese, grated

Toppings:

½ bottle	BBQ sauce (or more depending on taste)	½ cup	mozzarella cheese, grated
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Preheat pizza stone in oven at 450° for 45 minutes. Mix crust together and let it rise on top of warm oven for 30 minutes. While it rises, prepare tofu by slicing and prebaking at 350° for 15 minutes. Remove from oven and place in skillet. Fry tofu in 1 Tbs olive oil, 1 tsp paprika, 1 tsp salt and 1 tsp pepper.

Flour pizza wheel generously and roll out dough to edges. Place toppings on crust. Once assembled, slide pizza onto hot stone in oven and bake for 10 minutes.

Wild Baked Salmon by Laurelyn Sagers

4	skinless salmon fillets	2 tsp	fresh basil, chopped (or ½ tsp. dried basil)
1 cup	fresh mushrooms, sliced	1 tsp	lemon pepper
1 cup	tomatoes, sliced or chopped	½ tsp	garlic powder
		4	lemon slices (optional)

Heat oven to 425. Place a small amount of olive oil in a baking dish. Place salmon in dish. Evenly spread mushrooms and tomatoes over salmon. Mix the basil, lemon pepper, and garlic powder in small bowl. Sprinkle salmon with mixture. Bake covered, 15-20 minutes, until fish flakes easily in center. Serve on rice with lemon slices.

38 *Foil Packet Chicken with Snow Peas and Carrots* by Emily Anderson

50-60 baby carrots
 3-4 cups sugar snap peas (or pea pods)
 1-1" pc. fresh gingerroot, peeled and grated (I grated mine on my micro plane)
 3 cloves garlic, finely chopped or pressed through a garlic press
 to taste salt and pepper
 4 sm. chicken breasts (about 1 ½ pounds), trimmed (with large, thick chicken breasts, I cut them in half by butterflying them and cutting all the way through to make two thinner cuts of chicken - this helps the chicken cook quicker and helps your chicken to go further)
 4 Tbs hoisin sauce

Preheat the oven to 450 degrees. Cut 4 pieces of aluminum foil (heavy duty) about 12 inches square (if you don't have heavy-duty aluminum foil, use two pieces of regular aluminum foil for each packet). In a small bowl, combine garlic and ginger (I used my fingers to gently mash them together).

Arrange the carrots and peas on the aluminum foil. (I usually put 15 baby carrots in each packet and 3/4 - 1 cup of peas. If you are making packets for children I would halve all of the ingredients.) Sprinkle with the ginger/garlic mixture (this doesn't sprinkle like salt and pepper so don't worry if you get a clump here and there - the flavors will absorb while baking), and salt and pepper to taste. Brush the chicken on both sides with about 1 Tbs of hoisin sauce. Top each portion of vegetables with a piece of chicken. Salt lightly.

Bring opposite sides of the foil up to meet over the chicken. Fold the edges together in a ¼-inch fold, and then fold over 3 more times. Fold the open edges at either end of the packet together in a ¼-inch fold, and then fold over twice again to seal.

Put the foil packets on a baking sheet and bake for 30-35 minutes. Transfer the contents of each packet to a dinner plate and serve.

Note: In the summer I use fresh carrots and peas but in the winter it is much more economical to buy frozen pea pods.

**Adapted from <http://mykitchencafe.blogspot.com>*

This meal is SO delicious, healthy, fast and easy. You can put together the meal in 15 minutes or less. It is a fun meal for kids as well because they get their own individual packet to eat. In the long, dreary winter months it can be a fun tinfoil dinner night! Servings: 4 Packets

Hoisin Chicken Rice Bowls by Emily Anderson



- 1 Tbs extra virgin olive oil
- 1 lg. red pepper, diced
- 2 lg. portobello mushrooms, diced
- 3 lg. cloves garlic, minced
- 3 med. boneless, skinless chicken breasts, diced small
- 1 can water chestnuts, drained, diced small
- (8 oz)
- 2 tsp teriyaki sauce
- 4 Tbs hoisin sauce
- 3 cups brown rice, cooked
- romaine lettuce leaves
- sesame seeds
- scallions, thinly sliced

Heat oil over medium high heat in a large sauté pan. Add red pepper and mushrooms and sauté for 5 – 6 minutes until tender. Add garlic and sauté an additional minute. Add chicken to pan and cook for 6 – 8 minutes or until cooked through. Stir chicken and red pepper mixture occasionally while it cooks. Add water chestnuts, teriyaki sauce and hoisin sauce and stir to coat the chicken and vegetables. Continue cooking until heated through.

To serve, line 5-6 single serving size bowls with romaine leaves. Top with a scoop of rice, some of the hoisin chicken, and a sprinkle of the sesame seeds and scallions. Serves 5-6

**adapted slightly from Dinners for a Year and MyKitchenCafe.blogspot.com*

This meal graces our home at least once a month, it is SO SO SO good, I don't even think I can explain how good it is. You have to try it.



40 *Halibut or Tilapia Baked in Macadamia Nuts* by Sarah Morris Simmons

1 lb.	halibut or tilapia, cut into 4-oz. fillets. (1" thick)	Preheat oven to 375°. Grease a cookie sheet, or line it with parchment.
1 cup	roasted, no-salt macadamia nuts, finely chopped (as big as sesame seed)	Dredge halibut or tilapia fillets in flour, shaking off the excess.
2	eggs, lightly beaten (with 2 Tbs water)	Add cayenne pepper to eggs, and dip each fillet in the egg mixture.
¼ tsp	cayenne pepper	Chop the macadamia nuts and mix in the lemon pepper, garlic herb seasoning, Mrs. Dash seasoning, and salt.
½ tsp	lemon pepper	Roll the fish pieces in chopped macadamia nut mixture. Press the nuts down, then place on prepared cookie sheet.
1 tsp	garlic herb seasoning	
1 tsp	Mrs. Dash	
¼ tsp	salt	
4 Tbs	melted butter	
•	flour for breading	

Pour 1 Tbs melted butter over each fillet, and bake for 5-10 minutes, or until fish is done. (Test the center – It will flake with a fork and will appear opaque.)

Let stand for a few minutes to finish cooking, and to reabsorb the juices.

**Fish is easy to overcook. Check it a minute or two before the set time.*

**The chopped nuts should be in uneven pieces – some chunks and just a little powder, for a crunchy texture. Grinding or chopping too much will release the nut oil.*

** It is delicious served with coconut sticky rice and steamed vegetables*

Peppery Cajun Pork Pasta *by Angie Struhs*



8 oz whole wheat
fettuccine, uncooked
1 lb. pork tenderloin
3 tsp cajun seasoning
1 Tbs vegetable oil
1 lg. red onion, chopped
(1½ cups)
2 lg. zucchini, chopped
(2½ cups)
3 med. roma tomatoes,
chopped (1 cup)
1 can black-eyed peas,
(15 oz) rinsed, drained
¼ cup lemon juice
1 tsp dried oregano leaves
¼ tsp freshly ground black
pepper

Cook and drain fettuccine as directed on package. Meanwhile, cut pork into 1/4 inch slices: sprinkle with Cajun seasoning. In 12-inch nonstick skillet, heat oil over medium high heat. Add pork; cook 4-6 minutes, turning occasionally, until pork is slightly pink in center. Remove from skillet; keep warm.

Heat same skillet over medium high heat. Add onions; cook about 4 minutes, stirring

frequently, until onion begins to brown. Stir in zucchini. Cook about 4 minutes, stirring frequently, until vegetables are tender. Stir in remaining ingredients. Cook about 1 minute, stirring frequently, until thoroughly heated.

In large bowl, toss vegetable mixture and fettuccine. Serve pork over fettuccine mixture, or toss pork with fettuccine mixture. *Makes 6 servings.*

42 *Edamame and Veggie Chicken* by Jamie Cox Harline

- 5 lg. carrots, sliced
- 5 chicken breasts, diced
- 1 purple onion, chopped
- 1 bag edamame
- 1 clove garlic, grated
- brown rice (optional)

Slice the carrots and cook for 10 minutes. Add the diced chicken and onion. Add as you like ground sea salt, ground pepper, chopped fresh basil, thyme, and sage.

De-shell edamame (Most of the time I keep it in my freezer so you can thaw it then add it to the mixture.) and add the garlic.

Then let it cook on medium until chicken reaches 170 degrees (I love my thermometer, then I never have to use a timer).

You can serve over brown rice, or for low-carb, it is delicious by itself.

**Love this recipe for those who don't get enough lean protein. I have noticed people who have a difficult time losing weight are usually not eating enough protein and not doing enough strength training. This is enough for 8 people or lots of leftovers throughout the week so you don't have to cook every night.*

White Fish or Prawns with Chili and Garlic served with Garlic Green Beans by Michelle Aucoin



- 1 fish fillet
- 1 lg. clove garlic (or two sm.)
- salt
- olive oil
- small red chili
- parsley
- lemon
- green beans

Prepare green beans by washing and trimming the ends. Place them all in a sauté pan and add a bit of water and boil, covered, on high for about 10 minutes.

Meanwhile heat a bit of olive oil in another sauté pan. Salt the fish (not the shrimp/prawns, they should be salty enough) and place into the pan. Press in half of the garlic straight onto the fish and mince in a few tiny

slices of red chili. Turn the fish over.

Now drain the green beans and return them to the heat. Drizzle some olive oil over and press in the other half of the garlic and sprinkle in some salt. Sauté them on high and get some color on them. Plate the fish and sprinkle with lemon and some finely minced parsley followed by the Garlic Green Beans.

Lemon Tofu by Sarah Robinson

1 lb tofu, frozen, thawed,
 cut into bite size
 pieces
 ½ cup whole wheat flour
 ½ tsp salt
 ½ tsp pepper
 1 egg white, beaten
 1 Tbs soy sauce
 1 Tbs olive oil
 ¼ cup lemon juice
 ¼ cup sugar
 +1 Tbs water
 ¾ cup water
 ½ head shredded cabbage
 1 green onion

Beat egg white with soy sauce in small bowl. Mix flour, salt and pepper in another small bowl. Heat olive oil in nonstick skillet. Dunk the sliced tofu into egg mixture and toss to coat. Then dunk it in the flour mixture and toss till coated. Transfer tofu to frying pan and cook until golden, about 5 minutes. Transfer cooked tofu to plate. In hot pan, boil ¼ cup water, juice, and sugar until boiling. Using the leftover flour mixture, add about ½ cup water, until flour is dissolved. Slowly mix flour/water mixture into lemon mixture on stove until sauce is thickened. Add more water if you want a thinner sauce. Don't worry too much about lumps as they won't be an issue later. If

stronger yellow color is desired, add food coloring or a very small touch of saffron – just a few grains. Combine the cooked tofu with the sauce and serve on a bed of shredded cabbage and sprinkle thinly sliced green onion on top. Serves 4.

(It's also good served over rice – but I prefer the nutrition of cabbage and the lemon taste is a perfect complement.)

This recipe was inspired by my uncle's Lemon Chicken. I used to make it for friends – by request – but in the last year as my husband and I have gone more vegetarian, I tweaked his lemon sauce and made something totally different.

44 *Salmon with Honey Mustard Glaze* by Sarah Morris Simmons

1 lb. salmon filet

Marinade:

1 Tbs brown sugar, packed

1 Tbs margarine, melted

1 Tbs vegetable oil

1 Tbs honey

1 Tbs soy sauce

1 Tbs prepared mustard

1 clove garlic, crushed

Mix marinade ingredients in a small bowl. Place salmon, skin side down, in a shallow baking dish or use the bag that the salmon came in to do the marinating. Pour marinade over salmon. Cover and refrigerate 30 minutes. Set oven control to broil. Remove salmon from marinade. Reserve the marinade. Place salmon, skin side down, on rack in broiler pan.

Broil with top 4-6 inches from heat. After the first 5 minutes of broiling, brush again with marinade. Discard remaining marinade. Broil for a total cook time of 10-15 minutes, or until salmon flakes easily with a fork and becomes opaque at its thickest point.

**adapted from BCC*

Mexican Vegetable Casserole by Brittany Kenyon Bayles

1 chipotle pepper

handful cilantro

8 oz fat-free cream cheese

1 can corn kernels

1 can black beans

1 can pinto beans

½ cup onion, chopped

½ lb 97% lean ground beef

8 high fiber, whole grain, low-calorie tortillas

Put chipotle pepper, cilantro, and cream cheese into food processor. Blend until all ingredients are mixed. Put mixture into medium mixing bowl. Add corn, black beans, pinto beans and mix together. Set mixture aside. Place chopped onion in skillet and use a few drops of olive oil to make sure it doesn't stick.

Cook onion until translucent. Add ground beef and cook together. Add meat mixture to cream cheese mixture. Line 9x11 casserole dish with 3 tortillas. Add meat/cream cheese mixture to cover tortillas. Top mixture with 3 more tortillas. Add more meat/cream cheese mixture to cover tortillas. Bake at 375 until warm.

Honey-Jalapeno Beef and Broccoli with Sesame Udon Noodles by Teresa Patterson 45



- 1 jalapeno (seeds removed or be brave and use 1/2 if not all the seeds)
- 1/3 cup honey
- 1/4 cup fresh cilantro, chopped
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 2-3 Tbs water (if needed)
- 2+ cups broccoli, (frozen is the easiest)
- 2-3 steaks (pre-grill for recipe), sliced thin (to retain a moist meat, let cool before you slice)
- 2 tsp olive oil
- 12 oz udon noodles**
- 3 Tbs soy sauce
- 2 tsp sesame oil
- 1/4 cup scallions, chopped (green part only)
- 2 Tbs pickled ginger, minced**

In a food processor or blender, combine jalapenos, honey, cilantro, and a 1/2 teaspoon each of salt and black pepper. Puree until smooth. If needed, add 2 to 3 tablespoons of water to the mixture until desired consistency is achieved.

Pour the 2 teaspoons of olive oil into a preheated skillet. Add the grilled steak, blended sauce, soy sauce, and sesame oil, and heat through.

Microwave the broccoli, until warm, tender and crisp.

Cook udon noodles according to package directions. Drain. In a medium bowl, immediately combine cooked udon noodles, scallions, and pickled ginger. Toss and then transfer to serving bowl.

Pour heated steak and sauce over noodles. Serve immediately. However, microwaved leftovers taste great too.

Prep Time: 15 (I like to put my ingredients in groups, i.e., these are the ingredients for the sauce, ingredients for the noodle toss, etc.). Yield: 4 servings

***This item can be purchased in an Asian market.*

46 *Heart Healthy Creamy Salmon Pasta* by Jennifer J Rodriguez

5 cups	water
½	onion, thickly sliced
4 Tbs	fresh lemon juice
16 oz	salmon fillet, skin removed
12 oz	whole wheat farfalle pasta
¼ cup	red onion, chopped
8 oz	reduced-fat chive & onion cream cheese
3 Tbs	fresh dill, coarsely chopped
3 Tbs	capers
½ cup	artichoke hearts, canned in water, coarsely chopped
2 Tbs	lemon zest
to taste	sea salt
to taste	pepper

In a large pot combine water, onion, and 2 Tbs lemon juice over high heat. Once the water begins a gentle boil, add salmon to the pot. Reduce heat and simmer for 10-15 minutes or until fish is opaque. Flake salmon and set aside.

Cook pasta in a large pot of boiling water until al dente. Reserve 1/2 cup pasta water

and drain pasta. Bring drained pasta back into the pot. Add onion, cream cheese, remaining lemon juice, dill, capers, flaked salmon, and artichoke hearts to pasta; gently toss. Add reserved pasta water a little at a time to create a thin sauce. Spoon pasta onto serving dishes and top with lemon zest. Add salt and pepper to taste.



Quinoa Pilaf *by Heidi Potter Carson*



1 tsp	olive oil
6-8	sundried tomatoes (not packed in oil)
¼ cup	onion, finely chopped
1 clove	garlic, minced
1 cup	low-sodium chicken or vegetable stock
1 cup	dry quinoa
pinch	cayenne pepper
2 Tbs	fresh parsley or cilantro, chopped
½ cup	shelled edamame
¼ cup	sliced almonds
to taste	sea salt
to taste	fresh ground pepper

Rinse quinoa under running water in a mesh sieve for about a minute. Set aside.

Heat oil over medium heat in saucepan. Add tomatoes, onions and garlic. Sauté until onions become soft. Add stock and bring to a boil. Stir in quinoa and cayenne. Return to a boil. Reduce heat and simmer for 30 minutes or until liquid is absorbed. Stir in edamame and almonds. Let sit for

5 minutes. Stir in herbs, salt and pepper. Fluff with fork and serve.

This is a great “throw in whatever you have” recipe. I switch it up all the time depending on what veggies and herbs I have. It’s great to experiment with as it’s very forgiving. Serve warm immediately or cold for lunch the next day!

Baked Brown Rice *by Emily Anderson*



1½ cups	brown rice
2½ cups	low-sodium chicken broth
½ cup	parmesan cheese
½ cup	apple, diced very small

Preheat the oven to 350°. Combine the rice and water in a casserole baking dish and cover tightly with aluminum foil. Bake for 1 hour and 10 minutes. Remove from oven and let sit for five minutes before

removing the aluminum foil and fluffing with a fork. After it sits for 5 minutes add the parmesan cheese and the diced apple and serve! *Makes about 3 1/2 cups cooked rice.*

MAIN COURSES

48 *Chicken & Vegetable Kabobs served with Tzatziki* by Machel Whetman Devin



- chicken breasts
- lemon pepper seasoning
- red bell peppers
- green bell peppers
- mushrooms
- zucchini

Tzatziki:

- 1 Greek yogurt container
- cucumber, shredded
- 1 Tbs olive oil
- 1 Tbs red wine vinegar
- 4 cloves garlic
- 1 lemon, juiced
- to taste dill

Cube chicken and season as desired (lemon pepper).

Make kabobs with chicken, red and green peppers, mushrooms and zucchini (all fresh) and prepare on the grill.

Top off with homemade tzatziki: large container of Greek yogurt, a shredded cucumber (de-seeded and drained), tablespoon of olive oil and red wine vinegar, 4 cloves of garlic, juice of one fresh lemon and add dill to taste.

All fresh ingredients!

Creamy Poached Salmon by Jennifer J Rodriguez



- | | | | |
|----------|---------------------------------|--------|-------------------------------------|
| 5 cups | water | 2 Tbs | fat-free sour cream |
| ½ | onion, thickly sliced | 1 med. | cucumber, peeled, seeded, and diced |
| 2 Tbs | fresh lemon juice | 1 Tbs | fresh dill, chopped |
| 4 (4 oz) | salmon fillets, skin removed | 1 Tbs | capers |
| ½ tsp | salt | ¼ cup | red onion, diced |
| ¼ tsp | pepper | | |
| 6 oz | fat-free cream cheese, softened | | |

In a large pot combine water, onion, and lemon juice over high heat. Once water begins a gentle boil, add salmon to pot. Reduce heat and simmer for 10-15 minutes or until fish is opaque. Remove salmon to serving plates. Season with salt and pepper. In a separate bowl, mix together cream cheese, sour cream, cucumber, dill, capers, and red onion. Top each salmon fillet with cucumber sauce. Enjoy!

Healthy Chicken Pasta by Rachel Dudley



2	chicken breasts, cubed	1 tsp	basil
2 Tbs	olive oil	1 tsp	garlic, minced
1 tsp	oregano	1 cup	broccoli
		to taste	salt and pepper

Heat olive oil in saucepan. Add garlic to oil. Season chicken with spices and cook in oil until tender and lightly brown. Remove chicken from pan and cook broccoli until tender. Return chicken to pan and heat. Serve over pasta.

Pon Sit by Sarah Robinson



12 oz	extra firm tofu, frozen and thawed (freezing makes it more meat-like in texture)	½ head	green cabbage, cut into long shreds
1 tsp	chicken bouillon	1 lg.	carrot (using vegetable peeler, turn it into ribbons)
1 tsp	salt and pepper	1 stick	celery, cut into small pieces
1 clove	garlic	2 Tbs	soy sauce
1 Tbs	sesame oil		
1 sm.	onion, diced but not finely		

In large nonstick pan, heat oil on medium-heat. Add tofu, garlic, onion, bouillon, salt and pepper, cooking until onion is translucent. Add vegetables and soy sauce. Stir carefully (cabbage likes to jump out of the pan) but thoroughly for two minutes or until cabbage begins to wilt. Remove from heat and serve. Can be served with cooked rice noodles, but I like it best by itself. *Makes 4 servings.*

This is based on a dish my mother made when I was young. I think she got the recipe from a friend. We always called it Pon Sit - not even sure of the spelling. This is my version.

MAIN COURSES

50 *Southwest Chicken and Rice* by Tausha Jeffs Allen



- 4 chicken breasts (or 8-10 chicken tenders)
- 1 can low-sodium black beans
- 1 cup frozen corn
- 1 jar (16 oz) salsa
- brown rice, cooked
- optional low-fat cheddar cheese, shredded

Place chicken, beans, corn, and salsa in crock-pot. Cook on low for 8 hours, stirring

occasionally. Serve over brown rice and top with shredded low-fat cheddar cheese.

Black Bean Enchiladas by Brittany Kenyon Bayles



- 2 chipotle peppers
- 1 can black beans
- 10 Tbs fat-free sour cream
- handful cilantro
- 1 can corn kernels
- 1 can green enchilada sauce
- 8 high fiber, whole grain, low-calorie tortillas
- ½ cup low-fat cheese

Put chipotle peppers, sour cream, and cilantro into food processor. Blend on medium for 30 seconds. Add ½ can black beans and blend for another 10-15 seconds. Pour contents of food processor into a medium sized bowl. Add the remaining black beans, corn, and

½ cup of enchilada sauce. Stir together. Put mixture into tortillas, roll up, and lay side by side into 9x11 casserole dish. Cover tortillas with 1 C green enchilada sauce and sprinkle some cheese on top. Bake at 375 for 20-25 minutes or until hot.

Living Green Casserole by Jennifer J Rodriguez



1 Tbs	olive oil
1/2 cup	yellow onion, chopped
1/4 tsp	salt
1/2 tsp	pepper
1 tsp	garlic,minced
1 lg	portobello mushroom cap, sliced
12 oz	fat-free cream cheese
2 x-lg.	eggs
pinch	salt
10 oz	frozen chopped spinach, thawed and drained
1 can	artichoke hearts in water, drained
1/8 cup	fat-free milk
1 can	butter spray

Preheat oven to 350°. Heat oil in a skillet over medium heat. Add onions, salt, pepper, and garlic. Sauté for about 3 minutes or until onions have softened. Add mushrooms and cook for about 5 minutes. Remove from heat. Beat cream cheese, eggs, and salt together. Gently

add spinach, artichokes, and milk to cream cheese mixture. Combine cream cheese mixture with mushroom mixture. Prepare an 8x8 dish with butter spray. Pour spinach mixture into dish. Bake for 35 minutes and enjoy!

52 *Spicy Black Bean Burger Pitas* by Jennifer J. Rodriguez

1 can (16 oz) black beans, drained and rinsed
½ yellow bell pepper, minced
½ can green chilies, chopped
1 Tbs garlic, minced
1 x-lg. egg
1 tsp seasoned salt
1 tsp chili powder
1 tsp Tabasco
½ cup bread crumbs
4 whole wheat pitas, heated

Topping:

1 avocado, peeled, pitted, and sliced
1 cup pico de gallo
2 roma tomatoes, sliced
1 cup fat-free sour cream

Preheat oven to 375° and prepare a baking sheet. In a medium bowl, mash black beans, bell pepper, green chilies, and garlic until it becomes a pastry mixture.

In a separate bowl, blend the egg, salt, chili powder, and Tabasco.

Combine the egg mixture with the black beans. Mix in bread crumbs until the mixture holds together. Divide mixture into four patties. Place patties on baking sheet and bake about 10 minutes on each side.

For serving, place patty into pita. Fill with additional toppings as desired.

